



DEFENSES Anything we do
to avoid uncomfortable
emotions

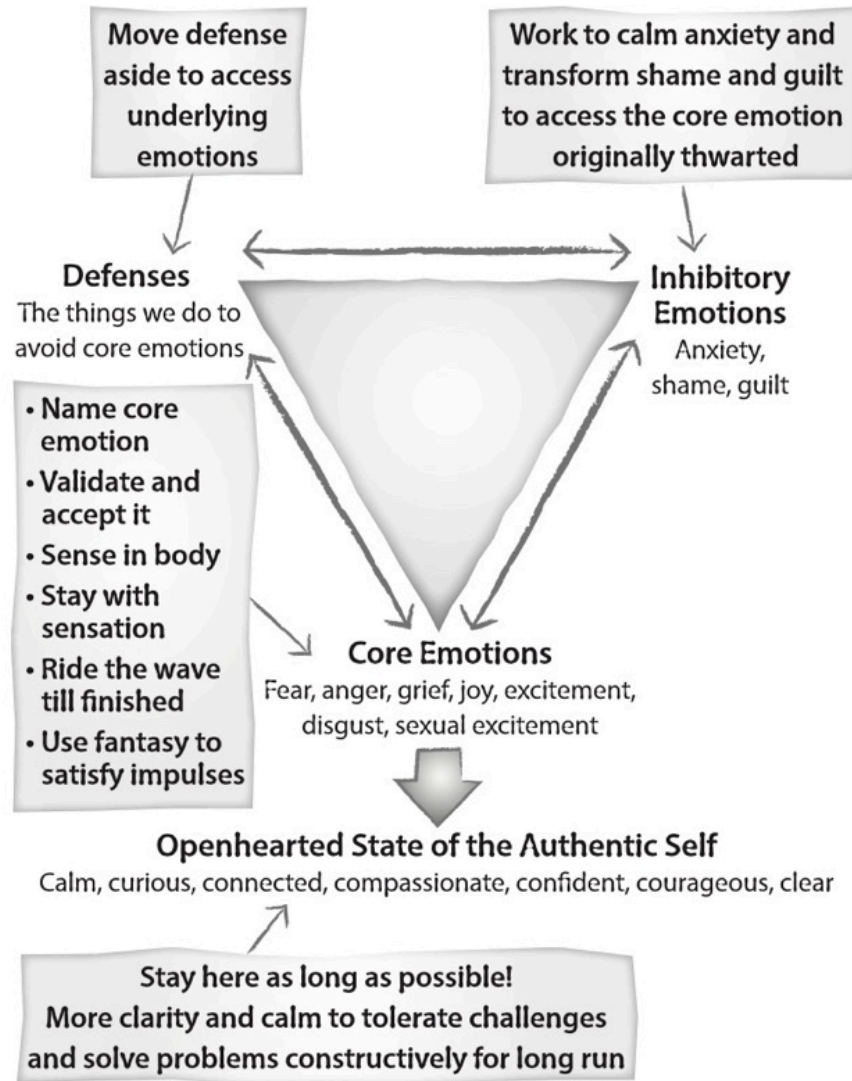
INHIBITORY EMOTIONS
Anxiety, guilt, shame

WHERE ARE YOU ON
THE CHANGE TRIANGLE?

CORE EMOTIONS
Fear, anger, joy,
sadness, disgust,
excitement

THE CHANGE TRIANGLE®

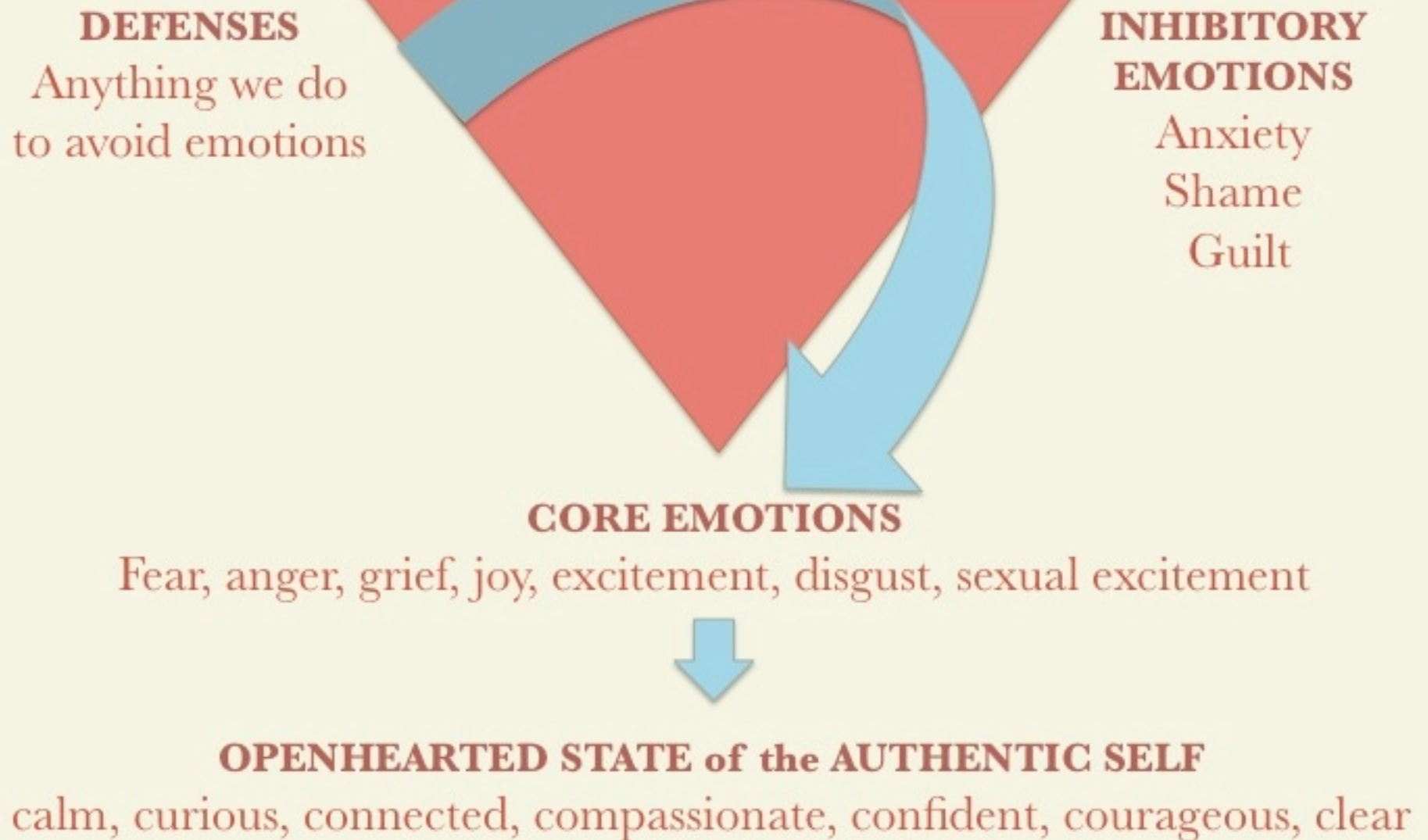
What to Do at Each Corner



©From *It's Not Always Depression* p.263
(Random House & Penguin UK, 2018)

For more information and free resources on emotions and how to work the Change Triangle, visit hilaryjacobshendel.com

The Change Triangle®



The Change Triangle®



DEFENSES
Notice them, validate them, then see what you are feeling apart from them



INHIBITORY EMOTIONS
Anxiety-calm it with breathing and grounding, get ready to find your 7 core emotions.

CORE EMOTIONS
Sensing your body, ask yourself, “Do I have: fear, anger, grief, joy, excitement, disgust, sexual excitement” Stay with it as you breathe.



Find the adaptive action

OPEN-HEARTED STATE MARKED BY THE Cs
Lean into or reach for : calm, curious, connected, compassionate, confident, creative, courageous, clear

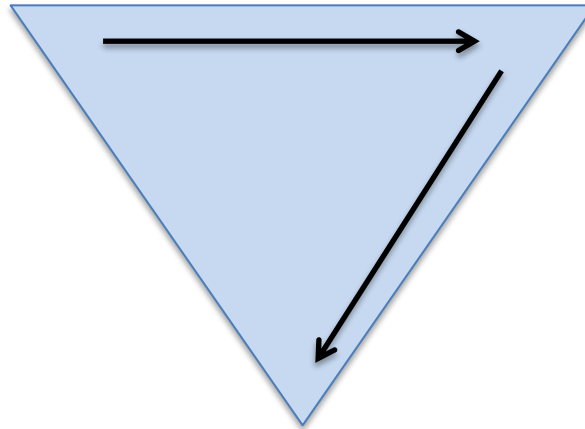
The Change Triangle®

What to do at Each Corner

DEFENSES

(The things we do to avoid)

**Move defense aside to
access underlying emotions**



INHIBITORY EMOTIONS

(Anxiety, Shame, Guilt)

**Work to calm anxiety,
transform shame and
guilt to access the core
emotion originally
thwarted**

CORE EMOTIONS

(Fear, Anger, Grief, Joy, Excitement, Disgust, Sexual Excitement)

Ride the wave and feel them



OPENHEARTED STATE of the AUTHENTIC SELF

calm, curious, connected, compassionate, confident, courageous, clear

Stay here as long as possible!

More clarity and calm to tolerate challenges and solve problems

constructively for long run

AFFECTIVE NEUROSCIENCE

REFERENCES

- Subcortical Structures (Damasio, Panksepp, Craig)
- Right Brain: Attachment, Trauma (Schore, Siegel, Trevarthen)
- Prefrontal Cortex and Integration (Damasio, Siegel)
- Mirror Neurons (Rizzolatti, Gallese, Iacoboni)
- Positive Emotions (Davidson, Dalai Lama)
- The Polyvagal Theory of Emotion (Porges)
- Neuroplasticity (Davidson, Doidge, Lazar, Siegel)
- The Neurobiological Core Self (Damasio, Panksepp & Northhoff)